WEDDINGS AND ENGAGEMENTS

Yager-Makar

Prince of Peace Catholic Church in West Bloomfield.

Mr. and Mrs. Robert A. Yager of Rochester Hills announce the engagement of their daughter, Stefanie Jill, to Simon Peter Makar, son of Dr. and Mrs. Farouk T. Makar of West Bloomfield.

The bride-to-be is a graduate of Bowling Green State University and is employed by EDS.

Her fiance is a graduate of GMI Engineering and Management Institute and Oakland University. He is employed by TAC Automotive Group for Chrysler Corp.

A May wedding is planned at

Killinger-Cachia

Nancy Miller of Commerce Township and David Killinger of Lincoln Park announce the engagement of their daughter, Jill Killinger, to Daniel Cachia, son of Daniel Cachia of Woodhaven and Patricia Cachia of Lincoln Park.

The bride-to-be is a graduate of Oakland University. She is an accountant at the Detroit Medical Center.

Her fiance is a graduate of Hillsdale College. He is a business development representative at Modis Inc. in Troy.

A September wedding is planned at the Shrine Chapel of Our Lady of Orchard Lake.

BIRTHS

Alyssa Mae Baumgarten

Michele Moraniec and Patrick Baumgarten of West Bloomfield announce the birth of their daughter, Alyssa Mae Baumgarten, on Jan. 27 at Beaumont Hospital in Royal Oak.

She has a brother Aaron; grandparents Rita Mae and Stanley Moraniec of Bloomfield Hills and Katherine and Albert Baumgarten of Saginaw and great-grandmother Angela "Nana" Rolak of Detroit.

Audrey Lee Schroeder

E. Dean and Margaret Schroeder of Clarkston announce the birth of their daughter, Audrey Lee, on Feb. 16 at Troy Beaumont Hospital.

Grandparents are Edward and Pamela Schroeder of Rochester Hills and Thomas and Mary Goff of Bay City.

Great-grandparents are Clair and Lila Goff of Saginaw, James Salgat of Saginaw and Margie Schroeder of Petoskey.

Great-great-grandmother is Shirley Williams of Detroit.

Exercise can help patients in recovery

Breast cancer survivors who regularly work up a light-to-moderate sweat on an exercise bike, stair climber or in any other aerobic activity not only get into better physical condition but also feel significantly less depressed and anxious, according to a preliminary study from the University of Michigan Division of Kinesiology.

Furthermore, the sooner survivors start exercising after they have recovered from surgery, the greater the impact on their mental health.

The research team, led by Victor L. Katch, professor of movement science in the Division of Kinesiology, and graduate student Michelle L. Segar, studied the effect of exercise on depression and anxiety levels among 30 breast cancer survivors. Their study appears in the January/February issue of Oncology Nursing Forum.

"Depression and anxiety are *not uncommon after* breast cancer surgery," Katch said, "and can linger for years. Research suggests that 20 percent to 40 percent of breast cancer survivors are depressed one year following surgery, and one study of eight-year survivors found that 64 percent were still anxious and 15 percent felt depressed because of their breast cancer."

"One out of every eight women in the United States develops breast cancer at some point in her life," Segar added, "so it is encouraging to discover that the women in our study said they felt 'stronger,' 'physically better,' 'more able to handle stress' and more 'in control' of their lives while they were exercising."

The women in the study were 40 to 56 years of age. The mean time since surgery was three years and five months but the months since surgery ranged from one to 99 months. All the women had been sedentary non-exercisers until the study began.

The survivors were divided into two groups. The exercisers worked out 30 minutes four times a week for 10 weeks and then either continued for another 10 weeks or became sedentary again. A control group of non-exercisers was sedentary for 10 weeks and then rotated into an exercise program for the following 10 weeks.

All the women took standard psychological tests for depression, state anxiety (anxiety at the moment) and trait anxiety (anxiety levels in general) at the beginning and end of the 10-week exercise program. They also took standard self- esteem tests.

The researchers found that:

- Depression scores decreased 44 percent for the exercisers and increased 13 percent for the non-exercisers after the first 10 weeks. However, after the non-exercisers finished their exercise program in the second 10 weeks, their depression scores decreased by 42 percent.
- Similarly, state and trait anxiety scores improved with exercise. Among the exercisers, state anxiety decreased by 16 percent and trait anxiety decreased by nine percent. Once the non-exercisers finished their exercise program after the second 10 weeks, their state anxiety declined by 26 percent and trait anxiety declined by nine percent.
- Notably, the depression scores for the 10 exercisers who stopped exercising in the second 10 weeks increased 44 percent while their state and trait anxiety scores remained the same.
- Depression and anxiety levels for women who began the exercise program within two years of their surgeries improved significantly more than did those who began two or more years after surgery.
- Women whose physicians recommended that they exercise were much more likely to exercise regularly than those who did not get a physician recommendation. "Physicians may be reluctant to prescribe exercise to 'ill' patients, but a sedentary lifestyle may prolong recovery and increase emotional difficulties," Segar said.
- Self-esteem levels in either groups were not affected by the exercise program.

The U-M research team also included Randy S. Roth, lecturer, Department of Anesthesiology and Physical medicine; Anne W. Garcia, assistant professor of sports management and communication, Division ofKinesiology; Sally Haslanger, associate professor of women's studies; DR. Edwin G. Wilkins, Department of Surgery, Medical School; and kinesiology graduate students Toby I. Portner and Scott G. Glickman. The study was funded by the Michigan Initiative for Women's Health at U-M.

Parade seeks oldest mothers

Nominations are being sought for Michigan's oldest mothers to participate in the ninth annual "Michigan Parades into the 21st Century, Salute to Michigan Mothers," said Congresswoman Debbie Stabenow, who is chairing the event.

"Ten of Michigan's oldest mothers will be selected to ride in vintage cars in the parade," Stabenow said. "The mothers also will be honored at a special brunch along with members of their families."

This year's parade will be held Saturday, May 16, on the weekend following Mother's Day in downtown Lansing at the Capitol.

For "Salute to Michigan Mothers" applications, contact Debbie Stabenow, Parade Application, P.O. Box 4945, E. Lansing 48826. Applications must be postmarked by May 1.

The 1998 parade is the ninth of11 being held to usher in the 21st century in Michigan. This year's parade will highlight the '80s and features the Scottville

Publication designed for older women

More than one million women age 60 and older living in Michigan face a myriad of legal and consumer issues as they age. A new resource "Advancing Smartly: A Legal Handbook for Michigan Women Age 60+" can help senior women navigate through legal issues and concerns.

The handbook is published by the Legal Hotline for Older Michiganians and funded in part by the Michigan Women's Foundation. It addresses consumer rights, insurance, housing, finance and estate planning. The book has been widely distributed to libraries, senior centers, aging organizations, legal service providers and women's groups.

Women age 60 and older can call the Legal Hotline with specific questions at (800) 347-5297 and speak with a woman attorney, or can purchase the book for $20.

"This is an important project for us to be involved in," said Peg Talburtt, executive director, Michigan Women's Foundation. "Many women over 60 are now divorced or widowed. They relied on their husbands to handle finance and legal issues and are now faced with making these decisions alone. Between the handbook and the Legal Hotline, women can find the answers they need to make informed decisions pertaining to all aspects of their lives."

In 1997, 35,500 women and girls benefited from programs funded by MWF.

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